



 **Homemade Method™**

MEXICAN, CUBAN, ITALIAN AND OTHER WORLD RECIPES

FOR THE LIFE-CHANGING
COOKING PROGRAM

www.homemademethod.com

**AUSSIE
VERSION!**

A MESSAGE FROM OUR FOUNDER, ANNA



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This Recipe Book was created exclusively with love for our **Life-Changing** Cooking Program Members and Success Members. I hope you enjoy it! 😊

A word of warning: The magic is not in the Recipes... If you want to TRANSFORM your health and weight for LIFE, do the Program!! There is no replacement for putting in the work.

You are welcome to share a recipe or two with your friends and family.

We even have a special friends & family discount offer ([click here to learn more](#)). That's because you're more likely to succeed with your health and weight loss goals when you do healthy lifestyle changes with your loved ones!

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So please do not copy, sell or share these recipes, to respect our intellectual property and avoid breaching the law.

If you've got any questions, please reach out to our team at member@homemade-cooking.com.

Warmly,
Anna Rakoczy
Founder, Homemade Method
Your Chief Cheerleader

USEFUL LINKS

[CLICK HERE TO ACCESS COMPLETE PROGRAM RECIPES](#)

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VOLUME

1 TABLESPOON = 3 TEASPOONS = 15 MILLILITERS

4 TABLESPOONS = 1/4 CUP = 60 MILLILITERS

1 OUNCE = 2 TABLESPOONS = 30 MILLILITERS

1 CUP = 8 OZ = 250 MILLILITERS

1 PINT = 2 CUPS = 500 MILLILITERS

1 QUART = 4 CUPS = 950 MILLILITERS

1 QUART = 2 PINTS = 950 MILLILITERS

1 GALLON = 4 QUARTS = 3800 MILLILITERS = 3.8 LITERS

WEIGHT

1 OUNCE = 30 GRAMS

1 POUND = 16 OUNCES

1 POUND = 450 GRAMS

2.2 POUNDS = 1 KILOGRAM

TEMPERATURE

350 F = 180 C

375 F = 190 C

400 F = 200 C

425 F = 220 C

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HOMEMADE ITALIAN PESTO

Homemade Pesto is a real winner because it is fast, easy, nutritious, and super tasty! You can **make Homemade Pesto in under 5 minutes**, and since there is no cooking involved and hardly any chopping, it is very hard to go wrong - just mix and blend!

You can make pesto using almost any combination of herbs, oils, nuts, and seeds that you have at home and which suit your tastes. These ingredients are all extremely **satiating, flavourful, and nourishing**.

You get an excellent combination of **antioxidants, phytonutrients, vitamins, heart-healthy fats and proteins** from the herb, oil & nut combination.

Making your own fresh homemade pesto is far superior to buying ready-made pesto in terms of flavour, controlling the **quality of ingredients**, and also because most of the nutritional properties of herbs deteriorate after chopping, so you will not be getting the **full health benefits unless you make it fresh!**

CLASSIC BASIL PESTO RECIPE

- Ingredients: 1 bunch of basil (about 3 cups), with the stems removed, ½ cup pine nuts, ½ cup olive oil, ½ cup parmesan, 1-2 tbsp lemon juice (optional), salt to taste
- Instructions: Add liquid first to ensure the blender is able to process all ingredients. Add all ingredients to the blender or food processor and blend! Scrape into a bowl and use immediately, or place in a jar and keep refrigerated. Will keep for several days.

TROUBLESHOOTING TIPS

- If your blender won't combine the ingredients, try adding more oil. To reduce the amount of oil you use, you can substitute a little water, yoghurt or lemon juice.
- If your pesto is too runny, try adding more nuts.
- If the raw garlic flavour is too strong, try roasting it in the oven first for 15-20 mins.

MAKE IT A MEAL (HOW TO USE YOUR PESTO):

- Pesto Pasta: Enjoy your pesto stirred through pasta or veggie noodles (try zucchini).
- Pesto Marinade: Use it as a marinade for meat, chicken or fish: Just coat the protein in 1 tbsp per person and allow it to marinate for as long as you have Overnight is best, but a few minutes is fine.
- Pesto Dip: Use it as a dip for vegetables or crackers. Try snow peas, carrot sticks, capsicum, cucumber, celery.
- Pesto Salad: Make a simple but delicious salad by combining pesto with some lemon juice and then pour over a salad of cherry tomatoes, spinach and mozzarella.
- Pesto Sauce: Use the pesto as a sauce on top of sauteed or roasted vegetables, such as green beans, zucchini, pumpkin, or potatoes.
- Pesto Sandwich Spread: Use as a sandwich spread with sliced ham or turkey breast, tomato, cucumber, cheddar cheese & lettuce.
- Pesto Pizza: Use as a base on a homemade pizza over wholemeal flat bread. Spread with chopped mushrooms, onions and sliced tomatoes. Sprinkle with mozzarella cheese, and bake until browned and melted.



MEXICAN SPICY FISH TACOS WITH CORIANDER-LIME CREMA

The snapper in these tacos is an excellent lean protein rich in selenium, vitamin A, potassium, and omega-3 fatty acids. Selenium acts as an antioxidant that can help to **prevent certain types of cancers**, as well as **protect the body from heart disease and support white blood cell function**. The vitamin A will boost the immune system, as well as **support bone, hair, skin, and eye health**.

The omega-3 fatty acids in this recipe will also **significantly decrease the risk of heart disease, atherosclerosis, and high blood cholesterol**.

Cumin is an incredible **aid for digestion** and also provides the body with **iron and vitamin C**. Paprika has many **anti-inflammatory properties** and will further work to **nourish your skin and hair** and diminish the effects of aging.

Serves: 2-3

Prep time: 10 minutes

Cook time: 10 minutes

INGREDIENTS (CREMA)

Shallots, thinly sliced
Fresh coriander, chopped
Sour cream
Lime juice
Optional: Garlic clove, minced

QTY

¼ cup
¼ cup
⅓ cup
1 tsp
1 ea

LINKS TO BUY

[Coriander](#)
[Sour Cream](#)
[Lime Juice](#)

INGREDIENTS (TACOS)

Ground cumin
Ground coriander
Smoked paprika
Chilli powder
Salt
Red snapper fillets
Olive oil
Corn tortillas
Red cabbage, shredded

QTY

½ tsp
½ tsp
½ tsp
pinch
pinch
285 - 340 grams
2-3 tbsp
6 ea
1 cup

LINKS TO BUY

[Ground Cumin](#)
[Smoked Paprika](#)
[Chilli Powder](#)
[Salt](#)
[Olive Oil](#)
[Corn Tortillas](#)

INSTRUCTIONS

- Preheat oven to 220°C OR 430°F.
- To prepare crema, combine all crema ingredients in a small bowl and set aside.
- To prepare tacos, combine all spices in a small bowl and sprinkle spice mixture evenly over both sides of fish.
- Place the fish on a baking tray lined with baking paper, drizzle with oil and bake for 9 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.
- Place fish in a bowl and break into pieces with a fork.
- Heat tortillas on a rack in the oven for a few minutes.
- Divide fish, place on tortillas and top each with cabbage and crema.



RECIPE NOTES

This recipe could also be made with other proteins, like salmon, prawns, chicken or flank steak!



ITALIAN WHITE BEAN SOUP WITH SMOKED HAM FROM TUSCANY

This soup is complete with protein from the beans and ham, a blend of veggies for a mixture of nutrients and benefits, and enhanced with **phytonutrient-rich** fresh herbs.

The easy-to-access energy found in the beans means you get to **satisfy your hunger** and have a slow release of complex carbs that are naturally **rich in fibre**. Beans also help **reduce LDL cholesterol** and **establish healthy gut flora**.

Because it's a whole food, it provides a **steady energy supply without spiking blood sugar**. This balancing effect is enhanced with the silverbeet and the celery. All the nutrients found in this soup will allow you to feel satisfied and **reduce after-meal cravings**.

Serves: 4-6

Prep time: 10 minutes

Cook time: 60+ minutes

INGREDIENTS (SOUP)

QTY

LINKS TO BUY

Smoked ham, off the bone
and small diced

170 grams

Olive oil

2 tbsp

[Olive Oil](#)

Onion, diced

1 cup

Salt and freshly ground black pepper

to taste

[Salt & Ground Black Pepper](#)

Carrot, diced

2 cup

Celery, thinly sliced

2 cup

Silverbeet, chopped

2 cup

Garlic,minced

2 clove

[Garlic](#)

Parsley, minced

¼ bunch

[Parsley](#)

Dried oregano, basil, or thyme

1 tbsp

[Oregano, Basil or Thyme](#)

Vegetable stock

6 cup

[Vegetable Stock](#)

Cannellini beans

2 cup

[Cannellini Beans](#)

Water (as needed)

2 cup

INGREDIENTS (BASIL TOPPER)

QTY

LINKS TO BUY

Fresh basil

¼ bunch

[Basil](#)

Olive oil

2 tbsp

[Olive Oil](#)

Salt and pepper

to taste

[Salt & Ground Black Pepper](#)

INSTRUCTIONS

- Heat the olive oil in a heavy bottomed pan over medium high heat. Add the diced ham and sear until browned, about 3 minutes.
- Add the onion, season with salt and pepper, and sauté for another 5 - 8 minutes.
- Add the chopped carrots, celery and finely chopped garlic.
- Add the parsley and dried herbs and continue to sauté while stirring for 2 - 3 minutes.
- Add the stock, silverbeet and beans and bring to a boil.
- Throw in the ham hock or bone for extra flavour if you have it.
- Lower the heat, cover and allow the soup to simmer for 60 - 120 minutes.
- Stir occasionally. Add extra water if required.
- For the basil topper: using a mortar and pestle or food processor, blend the olive oil and basil. Season to taste.
- To serve: Ladle soup into bowls and drizzle with the basil oil.



RECIPE NOTES

This soup gets better and better as the flavours marry over a few days!



FRENCH DIJON CHICKEN WITH ROASTED VEGETABLE MEDLEY

This is a meal packed with flavour, veggies, and protein - all you need to feel nourished and satisfied well into the night. The combination of fibre-rich vegetables and lean chicken allows the body to **feel satisfied and supports slow-release, vibrant energy**.

Butternut pumpkin and carrots are naturally sweet vegetables that help **reduce sugar cravings**, naturally and **promote eye health**.

When it comes to flavour, mustard and thyme are a tasty mix and benefit the body. Thyme is a knockout when it comes to **balancing intestinal flora and fighting infections**, both issues that become compromised after a history of eating refined sugars and carbs.

Serves: 2-3

Prep time: 10 minutes

Cook time: 35-45 minutes

INGREDIENTS

QTY

LINKS TO BUY

Chicken breast

350 grams

Olive oil

5 tbsp

[Olive Oil](#)

Thyme, finely chopped

2 tbsp

[Thyme](#)

Dijon

2 tbsp

[Dijon Mustard](#)

Onion

2 cups

Carrot

2 cups

Sweet potato

2 cups

Butternut pumpkin

1 cup

Brussels sprouts

1 cup

INSTRUCTIONS

- Preheat oven to 200°C or 400°F.
- PREPARE THE VEGETABLE MEDLEY:
 - Coarsely chop the carrots, sweet potato, butternut pumpkin, and brussels sprouts into large bite size chunks. Toss with 3 tbsp olive oil until all is coated well. Add salt and pepper.
 - In a single layer, place the vegetables in a baking tray.
 - Bake in the oven for 15 minutes (cook partially - chicken will be added soon.)
- PREPARE THE CHICKEN:
 - Mix dijon mustard, 2 tbsp olive oil, and thyme in a bowl. Coat the chicken.
 - Lay the chicken breasts flat in the pan, next to the vegetables.
 - Return to the oven for 20-30 minutes, or until internal temperature of the chicken is 75°C or 165°F
- SERVE as is or with a side salad. This meal is simple & delicious!



SPANISH QUICK PRAWN AND SAUSAGE PAELLA

Saffron contains many plant-derived chemical components which supports **cell formation and repair, maintains blood pressure, and decreases the risk of heart disease.** Furthermore, it **prevents hair loss and boosts the radiance and health of the skin.**

The capsicum in this recipe serves to **boost the immune system** due to its high levels of vitamin C. Capsicum also contains several phytochemicals and carotenoids, particularly beta-carotene, which provide the body with many **antioxidant and anti-inflammatory benefits.**

Additionally, the capsaicin in the capsicum **reduces 'bad' cholesterol, controls diabetes, brings relief from pain, and eases inflammation.**

The prawns, andouille sausage, and arborio rice complete this beautiful meal by contributing protein and carbohydrates, which will keep the body **sustained and nourished!**

Serves: 2-3

Prep time: 10 minutes

Cook time: 40 minutes

INGREDIENTS

QTY

LINKS TO BUY

Chicken broth	2 cups	<u>Chicken Broth</u>
Saffron threads	1 tsp	<u>Saffron threads</u>
Andouille sausage, sliced	450 grams	<u>Andouille sausage</u>
Medium red or green capsicums, cut into strips	1 ea	
Medium onion, chopped into strips	1 ea	
Garlic clove, minced	1 ea	
Diced tomatoes, undrained	1 x 400 grams can	
Arborio rice, uncooked	1 ¼ cups	<u>Arborio rice</u>
Prawns, peeled and deveined	225 grams	
Fresh parsley, chopped	2 tbsp	<u>Parsley</u>

INSTRUCTIONS

- In a saucepan, heat broth to boiling. Stir in saffron and set aside.
- In paella pan or 7.5cm deep 33cm ovenproof skillet, cook sausage over medium heat for about 5 minutes, stirring occasionally, until brown.
- Move sausage to one side of pan. Add capsicums and onion to pan. Cook for about 5 minutes, stirring occasionally, until tender.
- Stir in garlic and tomatoes and heat until boiling.
- Stir in rice and heated broth mixture from step 1 and heat until boiling.
- Reduce heat. Cover and simmer 15 minutes and then remove from heat.
- Stir in prawns. Cover and simmer for about 10 minutes or until rice is tender.
- To finish, check for seasoning, add salt and pepper to taste and sprinkle with parsley.



RECIPE NOTES

This is a dish that tastes even better the next day, as the flavours can sit and marry overnight in the fridge. Try making more than you need, so you can enjoy it for lunch the next day as well!



SPANISH POTATO AND RED CAPSICUM FRITTATA

Frittatas are a protein and veggie-rich delight and a tasty enjoy any time of day. It is a balanced meal with a blend of **quality protein and essential fatty acids** (the free-range organic eggs contributing to both!), which will help your body feel full and satisfied.

The roasted capsicum is a simple way to add some colour and extra nutrition as well. Not only is it high in vitamin C, but the vibrant colour provide this vegetable with **multitudes of antioxidants to hunt down the free radicals to decrease the risk of inflammation.**

The onion supports important phases of the **liver in detoxifying and helping your body run cleanly and efficiently, vital for weight loss!**

Serves: 4

Prep time: 10 minutes

Cook time: 20-25 minutes

INGREDIENTS

QTY

LINKS TO BUY

Olive oil

4 tbsp

[Olive Oil](#)

Onion, thinly sliced

1 medium

Russet potatoes, peeled
and sliced thinly

450 grams

[Russet Potatoes](#)

Red capsicum

1 ea

Salt and black pepper

To taste

[Salt & Ground Black Pepper](#)

Large eggs

6 ea

Fresh or dried herb

2 large pinches

(parsley, oregano and/or thyme)

INSTRUCTIONS

- In a 20cm non-stick skillet, heat 1 tablespoon of the olive oil over medium heat. Add onion and capsicum and cook, stirring occasionally until they are slightly browned, about 5 minutes. Transfer to a bowl and set aside.
- Heat the remaining 3 tablespoons of the olive oil in the skillet over medium heat once more. Add the potatoes, seasoning them with salt and pepper. Cook, tossing often, until the potatoes are tender and lightly browned, about 10 minutes.
- Add the onion and capsicum to the pan. Toss to combine. Flatten with a spatula.
- In a large bowl, beat the eggs with the dried herbs, 2 pinches of salt and a dash of pepper. Pour eggs over the potato mixture and tilt the pan to distribute evenly.
- Once the eggs have settled, turn the heat down to very low heat to avoid burning and cover the pan. Let the espanola frittata cook until the entire surface is set, and the centre does not move when shaken. Around 8 - 12 minutes depending on the fullness of the pan and level of heat.
- Once set, ease sides away from the pan with a silicone spatula and slide out onto a plate. Cut into wedges and serve!



RECIPE NOTES

- *You can use any dried herbs you happen to have on hand, some great ones include rosemary, basil, and oregano!*
- *You could also substitute whatever vegetables you have in the house, all that's truly necessary to make this dish are the eggs.*



INDIAN COCONUT CURRY

This curry is fantastic because you can truly incorporate anything you happen to have on hand! Canned beans and any left-over proteins are perfect to use. The protein will **support muscle health**, and the chickpeas will help you **feel satisfied and improve your digestive health**.

By eating our curry over a steamed whole grain, we are increasing the fibre content, as well as the variety of minerals. With the help of some leafy greens, this dish is truly **filled with every vitamin A-Zinc**.

To tie everything together, we utilise coconut milk which will contribute to your satiety and keep you feeling energized, because it will **stimulate your body to begin burning any and all stored fat**.

Serves: 2-3

Prep time: 10 minutes

Cook time: 30 minutes

INGREDIENTS

QTY

LINKS TO BUY

Boneless, skinless chicken breast,
cut into 2.5cm cubes

225 grams

Curry Powder

2 tsp

[Curry Powder](#)

Onion

¼ cup

Garlic

2 clove

Coconut milk

1 cup

[Coconut milk](#)

Vegetable broth or water

1.5 cup

[Vegetable Broth](#)

Carrots, small dice

½ cup

Chickpeas, drained

½ cup

[Chickpeas](#)

Kale or other hearty green,
thinly sliced

¼ cup

Tomato, medium dice

¼ cup

Brown rice, cooked

1 cup

[Brown Rice](#)

Salt

¼ tsp

[Salt](#)

INSTRUCTIONS

- Place chicken in a medium bowl. Sprinkle with 1 teaspoon curry powder and ¼ teaspoon salt and toss to coat.
- Heat oil in a medium frying pan over medium high heat. Add chicken and cook, stirring once or twice, until mostly browned, 6 to 8 minutes. Transfer to a plate.
- Heat a little more oil in the pan and add onion and garlic, scraping up flavour from the bottom of the pan. Cook, stirring often, until the onion is starting to soften, 2 to 4 minutes.
- Stir in the remaining 1 teaspoon of curry powder and cook, stirring until fragrant but not browned, about 30 seconds to 1 minute.
- Add coconut milk, broth, carrots, and chickpeas and bring to a boil over high heat, stirring often. Reduce heat to medium low to maintain a gentle simmer and cook, stirring occasionally, until carrots are tender, about 8 - 10 minutes.
- Return the chicken to the pan and add kale and tomatoes. Increase heat to high and continue cooking until the chicken is cooked through, about 4 to 5 minutes more.
- Serve over brown rice.



CUBAN PLANTAINS, BLACK BEANS AND COLLARD GREENS

This delightful recipe is perfect for a flavourful, plant-based meal that can help you reduce cholesterol and feel totally satisfied without any meat!

Plantains, a cousin of bananas, provide this dish with a dose of low glycemic index carbohydrates, thus **preventing sugar spikes**. Once cooked, the plantains provide a creamy, sweet flavour filled with **immune-boosting vitamin C**, which is raised even more with the addition of collard greens.

Brassicas (like collard greens, kale, and broccoli) are nutritional powerhouses providing the body with antioxidants, vitamins (especially vitamin K), and minerals (especially iron and potassium) to **aid in metabolism, cognitive functions, and cleansing of the liver and kidneys**.

Serves: 2-3

Prep time: 10 minutes

Cook time: 20-30 minutes

INGREDIENTS

QTY

LINKS TO BUY

Long grain brown rice	½ cup	<u>Brown Rice</u>
Plantain, ripe, thinly sliced	1 each	
High heat cooking oil	2 tbsp	
Red onion, diced	½ each	
Garlic, minced	2 cloves	<u>Garlic</u>
Black beans	1 can	<u>Black Beans</u>
Vegetable broth or water	1/2 cup	<u>Vegetable Broth</u>
Lime, juiced	about ½ lime	<u>Lime Juice</u>
Ground cumin	2 tsp	<u>Ground Cumin</u>
Ground coriander	1 tsp	
Silverbeet, sliced into strips	½ bunch	
Coriander, chopped	¼ bunch	<u>Coriander</u>
Salt and ground black pepper	to taste	<u>Salt & Ground Black Pepper</u>
Hot sauce	Optional	

INSTRUCTIONS

- Cook rice according to package directions or our Great Grains recipe guide. Set aside.
- In a large skillet, heat 2 tablespoons of oil over medium heat. Arrange plantain slices in a single layer and cook, about 5 minutes on each side, or until golden brown. The plantain slices might want to stick, so it is helpful to loosen them first with a spatula after the first minute of cooking.
- Once they are browned, transfer the cooked plantain slices to a paper towel lined plate.
- Heat the remaining 2 tablespoons oil in a skillet over medium heat.
- Add the onion and sauté until soft, about five minutes. Add garlic and cook for another minute.
- Add beans, broth, lime juice, cumin and coriander. Simmer until most of the liquid is dissolved, around 5 - 10 minutes.
- Add the silverbeet and simmer until just wilted, another 3 minutes or so, adding a few tablespoons of water if the mixture gets too thick. Season to taste.
- To Serve: divide the cooked rice onto plates, top with beans, then coriander and plantains. Add hot sauce if desired!



RECIPE NOTES

- *You could also roll this up in a tortilla for a cuban inspired burrito!*



INDONESIAN CHICKEN SATAY AND GADO GADO SALAD

Add some tasty variety to your day with this Indonesian-inspired meal.

Cabbage is a **powerhouse for the liver, the intestines, and the stomach; it also boosts the pathways that help detoxify and eliminate harmful chemicals and waste products.**

Peanut butter enriches the essential fatty acid profile and the protein content - the key factors to **making a meal satisfying and helping balance blood sugars.**

Cucumbers are naturally cooling and alkalizing to the body, helping to **prevent water retention** while still **staying hydrated** through natural electrolytes.

Serves: 2-3

Prep time: 15 minutes

Cook time: 30 minutes

INGREDIENTS (CHICKEN)

QTY

LINKS TO BUY

Chicken breast, boneless, skinless
Olive oil

170 grams
to coat the
chicken

[Olive Oil](#)

Kosher salt and black pepper

to taste

[Kosher salt & Ground Black
Pepper](#)

INGREDIENTS (SAUCE)

QTY

LINKS TO BUY

Peanut butter, smooth or chunky
Molasses or Honey
Soy sauce
Chilli powder
Coconut milk

¼ cup
1 tbsp
2 tsp
½ tsp
4 tbsp

[Peanut Butter](#)
[Honey](#)
[Soy Sauce](#)
[Chilli Powder](#)
[Coconut milk](#)

INGREDIENTS (SALAD)

QTY

LINKS TO BUY

Potato, Yukon / waxy , skin on
Green beans, ends trimmed
Cabbage, thin wedges
Bean sprouts
Cucumber, sliced into ¼ inch
rounds
Fried or poached egg

1 -2 each, medium
1 cup
½ each, small
1 cup
½ - 1 each, small
1 each per portion

INSTRUCTIONS

For the chicken:

- Slice the chicken breasts into thin 1 cm slices.
- Coat with the olive oil. Season salt and pepper.
- Cooking options: skewer the chicken and cook on the grill or in a 180°C or 350°F oven. Alternatively, bring pan to medium heat on stovetop, add oil and brown and saute until cooked through.
- For the Satay Sauce: In a small pot, add the peanut butter, molasses/honey, soy sauce, red chilli powder and coconut milk. Stir to combine while bringing to a simmer. Simmer for 5 minutes. Remove from heat and set aside.
- For the Gado Gado Salad: Boil the potatoes until tender but firm. Once cooled, slice into 5mm rounds. Chop the green beans, cabbage and bean sprouts into bite size pieces. Add potato and all the vegetables together in a bowl and mix together.
- Fry or poach an egg to top the salad with. To poach an egg, you simply need to heat a pan of water until simmering on medium low and a splash of white vinegar and swirl the mixture. Crack the egg in slowly and let cook for 3 minutes. Carefully take a slotted spoon, flip the egg over and let cook one more minute. Remove from liquid with a slotted spoon and let drain.
- To serve: coat the salad with half of the satay sauce. Top with the sliced cucumber, and chicken. Cover the top with the remaining satay sauce and egg.



THAI FISH CAKES AND CABBAGE SESAME SALAD

The tuna is very mild in this meal, and it is a winner even with those who don't usually like fish. Tuna is a lean, rich protein that is easy to assimilate and provides omega-3 fatty acids that **help reduce inflammation throughout the body.**

The coriander and spring onions add **cleansing properties that support any efforts in losing weight.** The potato, with the skin, is a complete food, supplying a little of everything your body needs! It also makes a beautiful difference to the way this meal can initially **satisfy your hunger.**

The accompanying salad, with cabbage and carrots, offers an additional cleansing effect and lots of vitamins and antioxidants. The sesame seeds, and the olive oil, contribute important fatty acids for **brain and heart health.**

Serves: 2-3

Prep time: 20 minutes

Cook time: 20 minutes

INGREDIENTS (FISH CAKE)

QTY

LINKS TO BUY

Tuna in water, drained

225 grams

[Tuna in Water](#)

Russet potatoes with skin on, cubed

½ cup

Spring onion, finely chopped

½ cup

Carrot, shredded

½ cup

Eggs

2 ea

Wholemeal flour

4 tbsp

[Wholemeal flour](#)

INGREDIENTS (CABBAGE SALAD)

QTY

LINKS TO BUY

Cabbage, thinly sliced

3 cup

Carrot, grated

½ cup

Celery, thinly sliced

½ cup

Raisins

1 ½ tbsp

[Raisins](#)

Sesame Seeds

1 ½ tbsp

[Black Sesame Seeds](#)

INGREDIENTS (VINAIGRETTE)

QTY

LINKS TO BUY

Olive oil

6 tbsp

[Olive Oil](#)

Rice wine vinegar

3 tbsp

[Rice Wine Vinegar](#)

Toasted sesame oil

1 tbsp

[Toasted sesame oil](#)

Soy sauce

1 tbsp

[Soy Sauce](#)

Honey

2 tbsp

[Honey](#)

Ginger, finely chopped

1 tbsp

Coriander, finely chopped

2 tbsp

[Coriander](#)

INSTRUCTIONS

Cook the potatoes:

- Add the potatoes to a pot, cover with 2.5cm water to cover the potatoes, bring water to boil, seasoned with a 1 teaspoon of salt. Cook for 12 - 16 minutes or until soft. Drain, mash, and set aside.

Prepare the Dressing:

- Mix olive oil, rice wine vinegar, sesame oil, finely chopped coriander and ginger, soy sauce and honey. Reserve half of the mixture for the fish cakes, and the other half for salad dressing.

Prepare the Fish Cakes:

- Beat the eggs and add to the mashed potatoes.
- Add the grated carrots and finely chopped onion.
- Open the canned tuna and drain. Mix into the carrot and mashed potato mixture.
- Add flour until the mixture can be formed into 7.5cm patties. Form your patties in your hand and make them quite thin - about 1.25cm.
- Cook in a skillet over low to medium heat, for about 5 minutes on each side or until browned.

Prepare the Salad:

- Shred the cabbage into very thin long strands, grate the carrot and chop the celery. Mix together with the raisins.
- Fold in the reserved half of the prepared dressing.
- TO SERVE: Place salad on a plate & top with fish cake garnished with a sprig of coriander.



RECIPE NOTES

- *You could sub in a different fish, like poached or canned cod or salmon.*
- *Another option is to put it all into a wrap!*



MOROCCAN LAMB MEATBALLS WITH CUCUMBER SALAD

Lamb is a low-fat protein that is also an excellent **source of vitamin B12, selenium, niacin, and zinc**. It can help warm the body, **support the immune system, and benefit skin health**. The meatballs are seasoned with a variety of herbs that **fight inflammation and support digestion**.

Cinnamon is useful for **treating arthritis, asthma, diarrhea, fever, heart problems, insomnia, peptic ulcers, spastic muscles & digestive issues**. It also helps **decrease blood sugar levels** for those with chronically elevated blood glucose levels.

Yoghurt contains live cultures which help **balance intestinal flora**, making it harder for harmful bacteria to take hold. It's been helpful in **lowering elevated LDL cholesterol levels**; it also has **valuable immune-enhancing effects**. Mint, which brings a special flavour to the meatballs, helps **reduce gas and support digestion**.

Serves: 2

Prep time: 15 minutes

Cook time: 30 minutes

INGREDIENTS (MEATBALLS)

QTY

LINKS TO BUY

Ground lean lamb

170 grams

Cumin

1 tsp

[Ground Cumin](#)

Cinnamon

1 tsp

[Cinnamon](#)

Garlic, minced

1 clove

Salt

1 tsp

[Salt](#)

Coriander powder

1 tsp

[Coriander powder](#)

Red onion, grated or finely minced

½ cup

Carrot, grated

¼ cup

Mint, minced

5 tbsp

INGREDIENTS (SALAD AND DRESSING)

QTY

LINKS TO BUY

Cucumber, diced or thinly sliced

2 cup

Plain Greek yoghurt

1 cup

Dill, minced

1 tbsp

Lemon, juiced

1 ea

[Lemon Juice](#)

Tahini

2 tbsp

[Tahini](#)

INSTRUCTIONS

Prepare the Lamb Meatballs in the oven:

- Preheat the oven to 180°C or 350°F. Add the fresh chopped veggies and herbs to the minced lamb. Combine well.
- Form into 5cm balls and place in a baking dish. Bake for 30 minutes.

Prepare the Cucumber Salad and Dressing:

- Blend the yoghurt, tahini, garlic, dill and lemon juice. (Stir in 1-2 tbsp water if needed to thin.)
- Add ½ of the dressing to the cucumbers to the dressing and stir.
- TO SERVE: Enjoy meatballs topped with the other ½ of the dressing and serve with the cucumber side salad. Top with freshly chopped parsley and mint. Yum!



RECIPE NOTES

- *You could serve this alongside grilled vegetable skewers and rice pilaf, or wrapped in a pita along with some onions and tomatoes.*
- *If you can't find ground lamb you could also use other forms of ground meat, including ground pork, turkey or lean beef.*



CREOLE JAMBALAYA STEW

Welcome to comfort food at its best: A complete meal balanced with a variety of nutrients and flavours, proteins, veggies and whole grain! The protein found in chicken, sausage, and prawns will **keep blood sugar low and help curb late-night sweet cravings.**

The combination of veggies and herbs all **help digestion and healing.** Specifically, the paprika and hot sauce are great to **promote digestion, and even aid the healing of peptic ulcers.**

Garlic, one of the best immune support foods, is a great heart tonic - helping to **raise HDL (good cholesterol) and normalize blood pressure.**

Serves: 3-4

Prep time: 15 minutes

Cook time: 30 minutes

INGREDIENTS (MEAT FIRST)

Chicken breast

Andouille sausage

Olive oil

QTY

225 grams

85 grams

1 tbsp

LINKS TO BUY

[Andouille sausage](#)

[Olive Oil](#)

HOLY TRINITY

Onion

Celery

Green capsicum

Butter

QTY

1 ea

½ cup

1 ea

1 tbsp

LINKS TO BUY

ADD

Thyme

Garlic

Brown rice

Chicken broth

Paprika

Cayenne pepper

Tomatoes, chopped

QTY

1 tsp

1 clove

1 cups

2 cup

1 tsp

½ tsp

2 ea

LINKS TO BUY

[Thyme](#)

[Brown Rice](#)

[Chicken Broth](#)

[Smoked Paprika](#)

[Cayenne Pepper](#)

LASTLY ADD

Prawns

QTY

55 grams

LINKS TO BUY

Serves: 3-4

Prep time: 15 minutes

Cook time: 30 minutes

TOPPERS

QTY

LINKS TO BUY

Lemon juice

1 ea

[Lemon Juice](#)

Spring onion

½ cup

Hot sauce

1 tbsp

INSTRUCTIONS

- Heat olive oil in a large deep pan over medium heat. Add sliced sausage and cook for 5 minutes or until browned. Turn to brown on both sides.
- Add the chicken and cook for another 5 minutes or until cooked through.
- Chop the onion, celery and capsicum into small 1.25cm cubes.
- Add the vegetables and butter to the pan. Stir well and season to taste with salt and pepper. Cook for 5 minutes or until vegetables are tender.
- Add the rice, chopped thyme and garlic to the pan and stir thoroughly to coat with oil.
- Then add the chicken stock, paprika and cayenne pepper. Add hot sauce to taste.
- Bring to a boil then reduce heat, cover and simmer until rice is cooked. Add additional water during cooking if required.
- Once the rice is cooked, add the chopped tomatoes and cook for another 10 minutes. Allow most of the liquid to evaporate.
- Finally, add the prawns and cook for a couple of minutes.
- TO SERVE: Top with finely chopped spring onions, a squeeze of lemon juice. Add more hot sauce, if desired!



GERMAN CIDER POACHED APPLES WITH SPICED YOGHURT

This dessert is perfect to hit the sweet spot and still nourish your body. Apples are an incredible fibre-packed food that **help detoxify the liver, boost the immune system, lower cholesterol, decrease the risks of developing type 2 diabetes, fight cancer, support brain health...** the list could go on and on!

Apple cider vinegar brings out their natural sweetness, and is a nutritional force in its own right, which helps **alkalize the body warding off diseases.**

Cinnamon is a great ingredient to include in any dessert because it **contains an enzyme that activates the burning of stored sugars** in the body. By topping our apples with spiced yoghurt, we provide both protein and **gut-healthy probiotics**, and add a creamy element to this amazing dish.

Serves: 2

Prep time: 5 minutes

Cook time: 20 minutes

INGREDIENTS

QTY

LINKS TO BUY

Apple cider vinegar

1 cup

[Apple Cider Vinegar](#)

Cinnamon stick

1 ea

[Cinnamon stick](#)

Apple, sweet variety,
peeled halved and cored

2 ea

Greek yoghurt, plain

½ cup

Nutmeg

pinch

[Ground Nutmeg](#)

Vanilla essence

1 tsp

[Vanilla](#)

Nuts such as almonds or walnuts,
toasted and chopped

¼ cup

[Almonds](#) or [Walnuts](#)

INSTRUCTIONS

- In small pot over high heat, combine the apple cider vinegar and cinnamon stick and bring to a boil. Let boil uncovered for about 10 minutes or until liquid is reduced to about ½ cup.
- Add apple halves and cover and simmer for about 10 minutes or until apples are tender.
- Carefully remove apple halves and poaching liquid from the saucepan.
- Divide into 2 bowls. Combine the yoghurt, nutmeg and vanilla in a small bowl.
- To serve: Top apple halves with the yoghurt mixture and sprinkle with toasted nuts. Serve hot or refrigerate the apples first and serve cold. This is a great dessert for a cold night!



RECIPE NOTES

- *This recipe could also be done with pears, and the poaching liquid could be swapped out for a sweet tea or juice.*



WANT MORE?

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EMAIL MEMBER@HOMEMADE-COOKING.COM FOR MORE INFO.

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